

VitalMeals Week 42

Beverages

- 1 cup Red wine (Super Simple Pot Roast)

Canned vegetables

- 1 can (15oz) beans, black, canned (Low Carb Burrito Bowls)
- 1/2 can Canned tomatoes (Southwest Chicken Casserole)
- 2 Tbs Tomato paste (Beef and Butternut Stew)

Dairy

- 1 cup Blue cheese (Shrimp Cobb Salad)
- 1 cup Cheddar cheese (Southwest Chicken Casserole)
- 7 oz Cheese, fresh mozzarella balls
- 1 cup cheese, mexican, shredded (Low Carb Burrito Bowls)
- 1 Tbs Cream cheese (Cauliflower "Mashed Potatoes")
- 4 large Egg (Shrimp Cobb Salad)
- 1/2 cup Grated parmesan cheese (Cauliflower "Mashed Potatoes) (Cauliflower Pepperoni Pizza Bake)
- 1 cup Mozzarella (Cauliflower Pepperoni Pizza Bake)

Fresh seafood

- 2 lbs Shrimp (Shrimp Cobb Salad)

Meat and poultry

- 8 thick slices Bacon, nitrate free (Shrimp Cobb Salad)
- 2 1/2 lbs Beef chuck roast (Super Simple Pot Roast)
- 1 lb Beef, stew cut (Beef and Butternut Stew)
- 2 cups Chicken breast, cooked (Southwest Chicken Casserole)
- 2 oz Pepperoni (Cauliflower Pepperoni Pizza Bake)
- 4 oz prosciutto, thinly sliced (Antipasto Kabobs)
- 1/4 lb Salami (Antipasto Kabobs)

Pickles

- 6 oz Roasted red bell peppers (optional--may substitute broth) (Antipasto Kabobs)

Produce

- 2 ea Avocados (Shrimp Cobb Salad)
- 1 cup Baby carrots (Super Simple Pot Roast)
- 3 oz Black olives (Antipasto Kabobs)
- 2 cups Butternut squash (Beef and Butternut Stew)
- 2 head Cauliflower (Cauliflower "Mashed Potatoes") (Cauliflower "Mashed Potatoes")
- 2 cups Celery (Super Simple Pot Roast)
- 3 cups Cilantro (Low Carb Burrito Bowl) (Shrimp Cobb Salad)
- 1 1/2 ea Green bell peppers (Low Carb Burrito Bowl) (Southwest Chicken Casserole)
- 3 ea Jalapeno peppers (Low Carb Burrito Bowls) (Shrimp Cobb Salad)
- 2 ea Leeks (Beef and Butternut Stew)
- 2 ea Limes (Shrimp Cobb Salad)
- 1 medium Onions (Southwest Chicken Casserole) (Super Simple Pot Roast)
- 2 Tbs Parsley (Super Simple Pot Roast)
- 1/2 ea Red bell peppers (Southwest Chicken Casserole)
- 1 large Red onions (Low Carb Burrito Bowls)
- 1 large container Romaine lettuce (Antipasto Kabobs) (Shrimp Cobb Salad)
- 6 ea Scallions (Low Carb Burrito Bowls)
- 2 medium Spaghetti squash (Low Carb Burrito Bowls)
- 1/4 cup Sun-dried tomatoes (Beef and Butternut Stew)

Soups and gravies

- 4 cups beef broth (Beef and Butternut Stew)
- 1/2 can Soup, cream of celery, canned, (Southwest Chicken Casserole)
- 1/2 can Soup, cream of chicken, canned (Southwest Chicken Casserole)

Spices and seasonings

- 2 Tbs Creole seasoning (Shrimp Cobb Salad)

Syrups and sauces

- 2 cups Pizza sauce (Cauliflower Pepperoni Pizza Bake)
- 1---- 16oz jar Salsa (Low Carb Burrito Bowls)

Picnic Supplies

- 1 pkg wooden skewers (Antipasto Kabobs)